



Town of Tonawanda Senior Center Stay Fit Dining Program

Please call 874-3266 to cancel or reserve a meal

May 2021



Monday	Tuesday	Wednesday	Thursday	Friday
May 3 Pot Roast Mashed Potatoes Mixed Vegetables Biscuit Strawberry Gelatin with Fruit Cocktail (741)	4 Herb Crusted Tilapia with Tartar Broccoli Cheese Rice Casserole Zucchini with Diced Tomatoes Wheat Bread Pineapple Upside Down Cake (950)	5 Pork Ribette with BBQ Sauce Scalloped Potatoes Peas & Carrots Dinner Roll Chocolate Bavarian (895)	6 Stuffed Shells with Tomato Meat Sauce & Mozzarella Seasoned Spinach with Mushrooms Cauliflower Italian Bread Chocolate Chip Cookie (918)	7 Mother's Day Apricot Chicken Rice Pilaf Green Beans with Shredded Carrot Garnish Roll Chocolate Strawberry Parfait (711)
10 Turkey Breast with Gravy Orange Glazed Carrots Green Bean Casserole Stuffing Strawberry Bavarian (655)	11 Beef Stew Brussels Sprouts Biscuit Fruit Pie (754)	12 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Pasta Roll Broccoli & Carrots Canoli Parfait (689)	13 Low Sodium Ham Steak with Pineapple Glaze Creamed Cabbage Sweet Potatoes Dinner Roll Shortbread Cookie (734)	14 Salmon Filet with Creamy Dill Sauce Red Potatoes Seasoned Spinach Roll Mandarin Oranges (669)
17 Stuffed Pepper with Tomato Meat Sauce Mashed Potatoes Mixed Vegetables Italian Bread Tropical Fruit ()	18 Polynesian Chicken Cauliflower Carrots White Rice Chocolate Cake (875)	19 Sliced Roast Beef with Gravy Cheesy Mashed Potatoes Carrots Roll or Rye Bread Apple (670)	20 Herb Crusted Tilapia Coleslaw with Shredded Carrot German Potato Salad Cornbread Fruit Parfait (863)	21 Barbecue Pulled Pork Roasted Red Potatoes with Green Pepper Hubbard Squash Roll Cookie Bar (905)
24 Sweet & Sour Chicken over Rice Green Beans with Shredded Carrot Garnish Broccoli Lemon Berry Pudding (742)	25 Braised Pork Shank with Warm Cinnamon Apples Mashed Potatoes Roasted Carrots Wheat Bread Chocolate Mousse (711)	26 Turkey Breast with Gravy Mashed Sweet Potato Peas Stuffing Fruited Tapioca (639)	27 Shepherd's Pie Warm Apple Slices Garlic Biscuit Pineapple Upside Down Cake (1056)	28 Memorial Day Grilled Hot Dog Baked Beans Roasted Potatoes Carrots Strawberry Shortcake (887)
31 Memorial Day Holiday No Meals Served	June 1 Boneless Breaded Chicken Breast with Tomato Sauce & Mozzarella Cheese Pasta Seasoned Spinach Dinner Roll Tropical Fruit (618)	2 Baked Cod with Mango Salsa Broccoli Carrots Rice Pilaf Lemon Cake (644) **Menu is subject to change**	3 Turkey a la King Mashed Potatoes Country Cottage Mix Vegetables Biscuit Homemade Cookie (921)	4 Sausage Jambalaya Rice Yellow Squash Roll Apricots (722)



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